

WENMAT SPORTS & FITNESS CENTERS,

Sacramento's Fitness Leader, offers membership opportunities with

STATE OF CALIFORNIA



Corporate benefits include:

- No application fee! A \$145 Savings!
- Reduced monthly dues with completion of the Incentive Fitness Program!
- Month to month. No contract to sign!

Exceptional facilities and activities with:

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|-------------------------|--------------------------|------------------------|
| • Racquetball | • Treadmills | • Personal Trainers |
| • Basketball | • Cross Country Machines | • Body Fat Testing |
| • Free Weights | • Rowing Machines | • Fitness Profiles |
| • Aerobic Dance Classes | • Body Trek | • Weight Management |
| • Lifecycles | • Nautilus & Cybex | • Nutrition Counseling |
| • Stairmasters | • Pools, Spas and Saunas | • Childcare Services |

Choose from five luxury full service facilities:

- **Alhambra Athletic Club** - 457-9300
(Alhambra & Q Streets)
- **Carmichael Athletic Club** - 485-5355
(Winding Way near Manzanita)
- **Riverside Athletic Club** - 392-8300
(43rd Ave. & Valine Ct.)
- **Sheldon Athletic Club** - 423-1027
(Mack Road & Hwy 99)
- **Signature Athletic Club** - 485-0714
(Fair Oaks Blvd. & El Camino)

If you are interested in learning more about club information and sign-up procedures, contact **CAROL WEDEL**, corporate fitness, at **457-9300** to schedule an appointment.

You are invited to visit any of our locations at your convenience. Upon your request, you may receive a complimentary workout pass and a club tour to see the many services that our exceptional facilities offer.



WE KEEP GETTING STRONGER!